

Agency Wellness Champions Meeting
Tuesday, Sep 27, 2011
1:30 pm-3:00 pm
Veterans Services Building

Present

Amy Sanda (DOT)
Jenny O'Brien (DLI)
Kim Engwer-Moylan (MDH)
Linda Feltes (MMB)
Chris Barth (DOC)
Sandy Stolt (PERA)
Sally Kupferschmidt (MSRS)
Dawn Cvengros (MMB)

Karen Hanauer (MMB)
Nikki Trifilette (MDH)
Deb Loy (MDE)
Sandea O'Bryant (ADM)
Jennifer Romero (Lottery)
Debbie Lerdahl (ADM)
Diane O'Connor (OHE)

Presenter

Todd Kohl

Updates

Sally and Sandy—Hiway Credit Union provided a series of 3 financial wellness lunch and learns. To learn about these offerings, contact Tina Jones at Hiway: tjones@hiway.org, 651-789-3061

Other Retirement Systems offerings include: chair massage, paraffin wax relaxation, a tour of Vertical Endeavors indoor rock climbing, and a monthly newsletter.

Diane—no activity of late. Diane is new to Office of Higher Education. She comes to OHE management with a background as a registered nurse and certified integrative therapy and health coach.

Nikki—no update from MDH lab

Jenny—DLI hosted a lunch and learn on driving safely from the MN Safety Council, and flu shot clinic. They continue to host chair massage. Are putting together a 2 year plan for an exercise room, as proposed by their commissioner.

Debbie—at a union meet and confer with their commissioner, showers and exercise rooms were requested.

Sandea—wellness committee is hosting flu shot clinic. They tried to organize an onsite CPR certification program, but weren't able to arrange it yet.

Chris—held a wellness coordinators meeting and are getting a monthly wellness newsletter off the ground.

Karen—sees wellness at state developing and growing and gave kudos to all for that.

Dawn—JourneyWell group coaching pilot on resilience has launched. Enough demand from lunch and learn that they are running two 6-session classes.

Deb—Deb is on the coordinated school health unit of MDE and was asked by the commissioner to explore wellness for dept. employees. They have hosted a recess break based on an online idea from Keen footwear and UCLA professor Toni Yancy (<http://www.keenfootwear.com/us/en/recess/>).

MDE has showers and small workout room, and several employee driven walking, running and biking groups.

Amy—MnDOT began offering Zumba this week, Wed at 3:30. All welcome. Pay instructor at class. Boot camp, biggest loser (50-60 people) Weight Watchers (21 people lost over 300 lbs) yoga, tai chi, chair massage, newsletter.

Vegan presentation available on line as well.

Fitness room fees are \$60/year to repair and replace equipment.

Linda—data dashboards complete for all agencies and distributed to most.. Linda is following up with conversations with wellness committees or individuals.

Run at Work 5K will be hosted next fall by DHS. Planning meetings are underway. Volunteers and committee members welcome!

Linda spoke at Mn/Dot HR conference and will have a table at Safety conference.

Energy Break provided by Sandy and Sally—Thanks!

Power in MN: Why we fear it/why we need it (Todd Kohl)

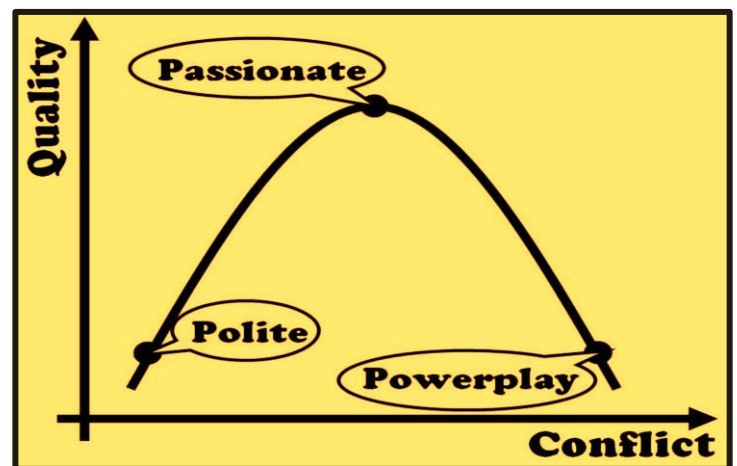
Todd was good enough to give his presentation without notes or PowerPoint. (Linda messed up.)

He talked about why we might fear power—we might associate it with corruption. Or we might associate it with empowerment. It can elicit greatness and transformation.

No pressure, no diamonds.
- Mary Case

Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict -- alternatives to passive or aggressive responses, alternatives to violence.
- Dorothy Thompson

See Todd's full presentation
[Work Well champions](#) > minutes > Power in MN.



Next Meeting
Tuesday, Oct 25
1:30-3:00
Veterans Services Building